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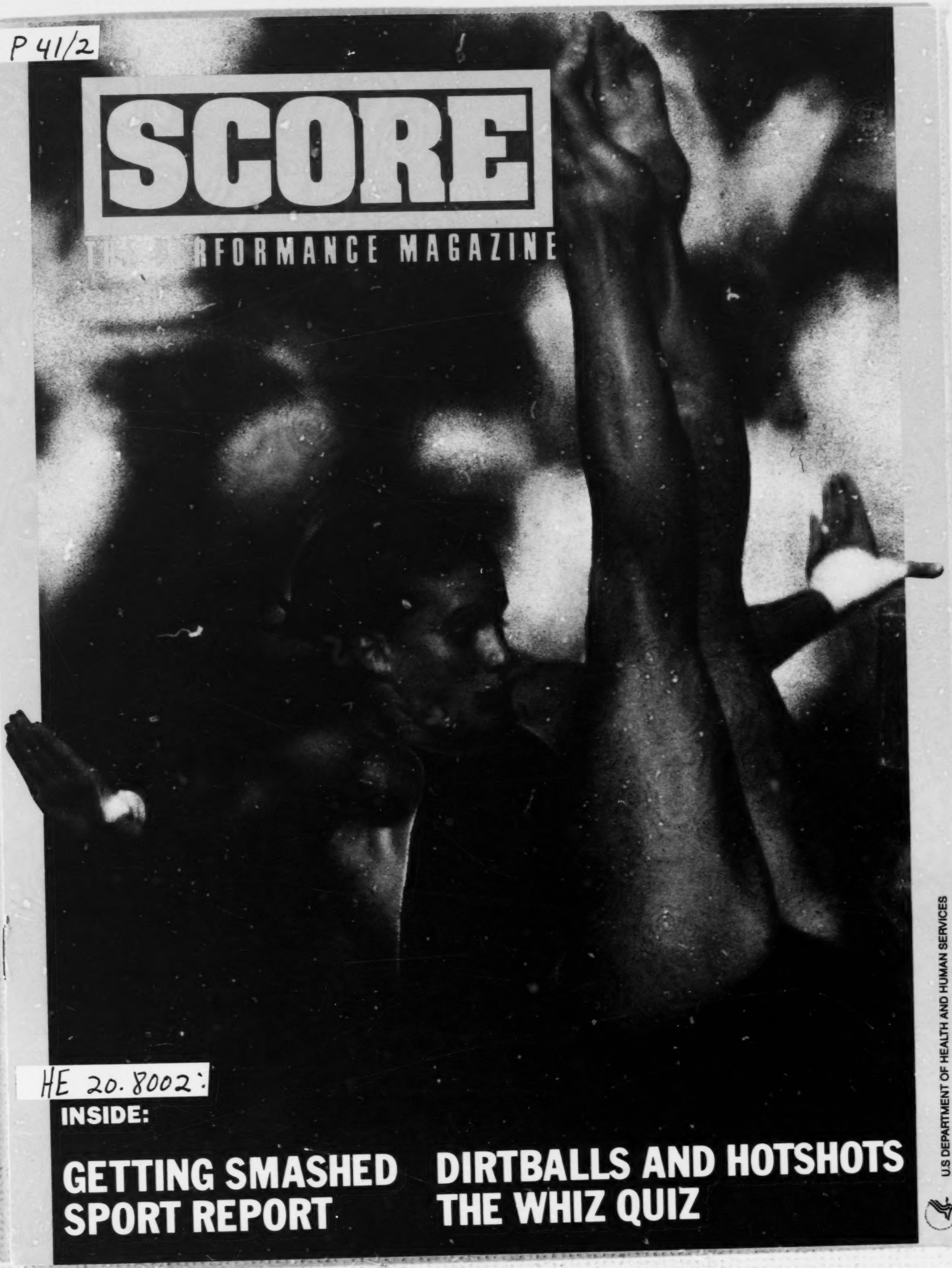
SCORE

RFORMANCE MAGAZINE



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INSIDE:

GETTING SMASHED
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DIRTBALLS AND HOTSHOTS
THE WHIZ QUIZ

U.S DEPARTMENT OF HEALTH AND HUMAN SERVICES

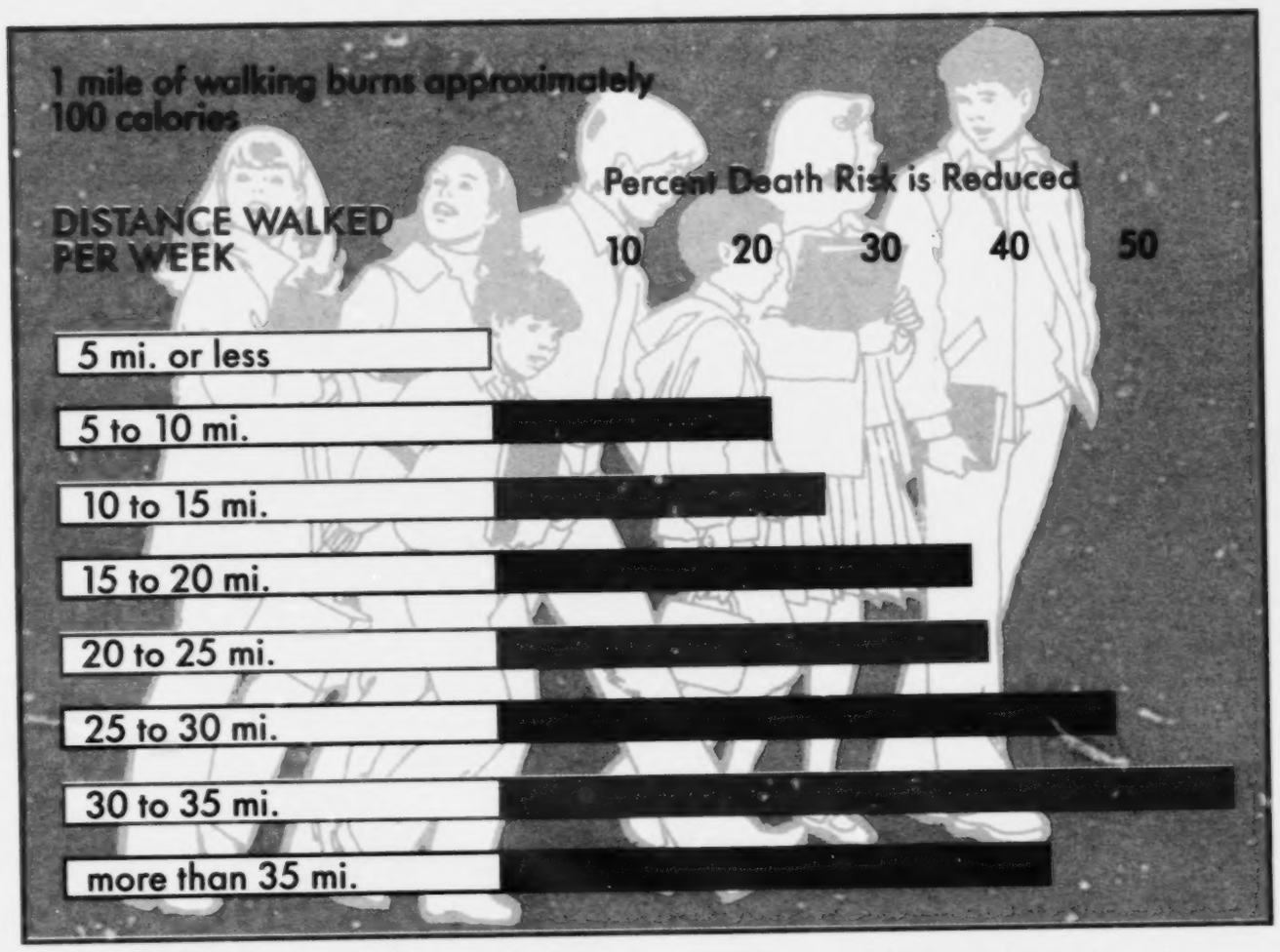
THE EDGE

The performance edge. It's the edge everyone wants. It makes you stand out from the crowd. It gets you noticed. The girls take a second look, and the guys do too.

It's the edge that sends the basketball star crashing to the boards for a slam dunk. It's the edge that turns the runner into the record-setter. It launches the baseball over the fence, the soccer ball into the net, the tennis ball into the corner of the court, time after time. Bicyclists need it, and skateboarders do too. And so does anyone who wants to be better at anything.

The performance edge makes the difference between success and failure, between feeling great and feeling ordinary. It makes you the winner you want to be, on the playing field, on the dance floor, in school and at work.

Get the edge, Get it now.



THE FOUNTAIN OF YOUTH Research has shown that a regular exercise routine will actually add years onto your life. Any exercise that gets your heart beating faster than usual will do the trick. This graph shows how simple walking pays off in added time to your life. For every hour you walk, experts say, you can expect to live that hour over again, plus an extra hour or two as well.

YOU'VE GOT IT, DON'T LOSE IT

To get the edge, all you need is what you've already got—your body and your brains. With a little hard work, they will give you the speed, the strength, the endurance, coordination and concentration you need to succeed. You'll get the edge and keep it, unless you're doing something that makes you lose it—like smoking or drinking.

Smoking wrecks your lungs. You can't catch your breath. When you try to perform, you feel like you're suffocating.

Smoking blocks oxygen from your bloodstream. Your heart works harder but accomplishes less. You can't move as fast, and you're simply not as strong.

Smoking also decreases your endurance. You tire quickly. You can't run as far or last as long.

Remember, the quickest way to lose the edge is to smoke and drink. Drinking alcohol doesn't quench your thirst; it causes dehydration. So when you're working hard, your thirst goes wild. You feel wiped out.

Alcohol also interferes with your central nervous system. You lose your balance and coordination. You lose your precision, your ability to react and your judgment.

When you smoke and drink, you miss out. You may not notice it right away, but gradually you'll lose your ability to perform, and you'll lose the edge.

It doesn't matter whether you're aiming for the Olympics or taking aim in a snowball fight. It doesn't matter if you're darting around the boxing ring or dancing wildly at your high school prom. Your ability to perform, your personal edge, will be sharper, quicker, stronger, if you don't smoke or drink.

So Be Smart! Don't Start!

DIRTBALLS & HOTSHOTS

A recent study on smoking shows that two types of teenagers are most likely to smoke: "dirtballs" and "hotshots." Nobody likes to call people names, and no one fits perfectly into any category, yet the study says a lot about how students feel about classmates who smoke.

Students in the study divided their school into four different groups. Most "dirtballs" or "freaks" smoke. Many of them also use other drugs and do poorly in school. "Hotshots" are popular and get good grades, "jocks" like to participate in organized sports, and "regulars" don't really belong to any of these other groups.

Are these the same groups you have at your school?

Dirtballs and hotshots made up 15 percent (about one out of seven) of the students surveyed. But they also accounted for 56 percent (more than half) of the smokers.

Smoking attracts dirtballs to one another and gives them a sense of taking risks and excitement. Dirtballs, who are mostly boys, usually begin smoking before they get to junior high and don't really care about smoking's health dangers.

Hotshots, on the other hand, are mostly girls who seek excitement and success but are not sure whether other students like them. Although hotshots believe smoking is dangerous, they do it anyway because they think their friends want them to.

Most teenagers think smoking is for people who hang out with the wrong crowd. If you don't want to be a dirtball or hotshot, don't smoke.

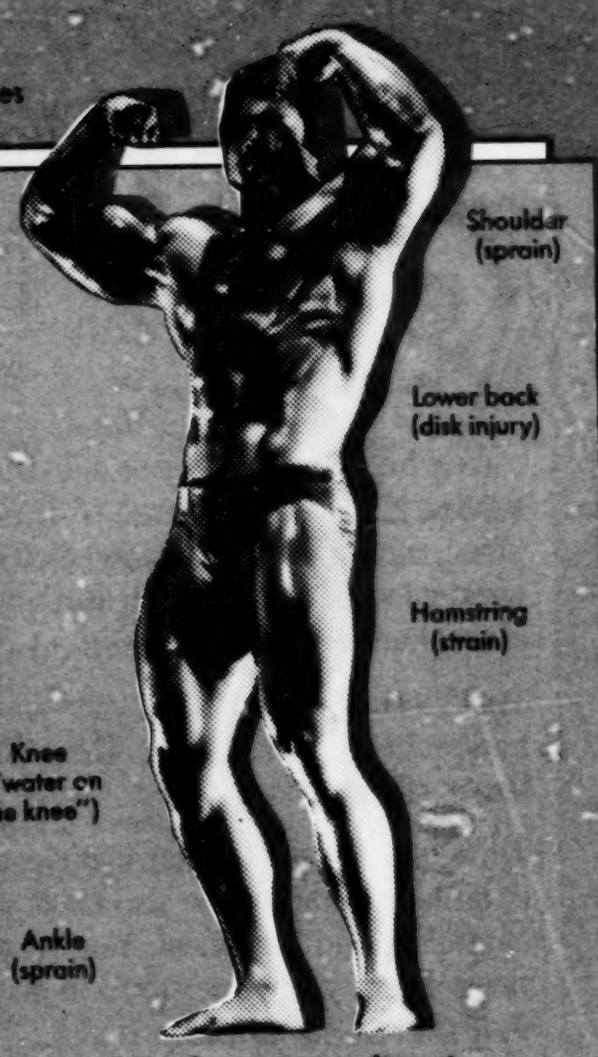
BOOZE, BUTTS *& Sex Appeal*

One of the biggest lies about smoking and drinking is that they increase your sex appeal. The truth is that the more you smoke and drink, the worse you perform—not only on the athletic field but also in the dating game.

How would you like to kiss a dirty ashtray? Well, the smell and taste of kissing a smoker isn't much different. The smell of alcohol on your breath is another real turn-off. When you get drunk, you lose your appeal and stop caring about anyone else's—and that's a scientific fact.

So if you've got a special girl or guy who you want to attract, stay away from the booze and the butts—they'll only work against you.

POINTS OF INJURY What parts of our bodies take the biggest licking when it comes to sports injury? The illustration here pinpoints the most vulnerable parts of the fit body.



SPORT REPORT

Here's a rundown of the most important skills (and muscles) you need for the sports you do—or want to do.

Talk to your coach or gym teacher to learn the exercises that will give you the edge in these areas. And remember: smoking and drinking destroy your endurance, speed, coordination and strength.

Baseball/Softball:	Speed and quickness, hand-eye coordination. Arms.
Basketball:	Endurance, speed and quickness, coordination. Arms, legs.
Bicycling:	Endurance. Legs.
Cheerleading:	Endurance, hand-eye coordination. Arms, legs.
Dancing:	Endurance. Back and neck, legs.
Football (Linemen):	Endurance, speed and quickness. Chest and shoulders, arms, legs.
Football (Backs):	Speed and quickness, hand-eye coordination. Chest and shoulders, arms, legs.
Hockey:	Endurance, speed and quickness. Chest and shoulders, arms, legs.
Skating:	Endurance. Legs.
Skiing:	Endurance. Chest, shoulders, back, neck, arms, legs.
Soccer:	Endurance, speed and quickness. Legs.
Swimming:	Endurance. Chest, shoulders, back, neck, arms, legs.
Tennis:	Endurance, speed and quickness, coordination. Chest and shoulders, arms.
Track and Field:	Endurance, speed and quickness. Chest and shoulders, back and neck, legs.
Volleyball:	Endurance. Legs.

GETTING SMASHED

If you're 15 to 24 years old, you belong to the only age group whose life expectancy is not increasing. For people your age drinking and driving is the leading cause of death. In 1988 alone, more than 7,000 teens died in traffic accidents and half of those deaths were alcohol and drug-related.

That's enough to wipe out your entire school and probably a number of other schools just like it. Think about it.

The same things that make you lose the edge in athletic performance also make you lose control behind the wheel. Your reaction time slows down, your concentration decreases and your general coordination is lost.

Overall, drunkenness is involved in 30 to 50 percent of all traffic deaths, 45 percent of all fatal falls, and 50 to 70 percent of all murders. It is a factor in every one of the ten leading causes of early death.

Alcohol and tobacco together kill more than 300 Americans for every one who dies from all illegal drugs put together, including heroin

IT DOESN'T "AD" UP

If you're looking for accurate information about smoking and drinking, make sure you think twice about the thousands of ads you see for tobacco and alcohol. They show up on the TV and the radio, in magazines and on billboards. But what doesn't show up is the truth about your health. In fact, these ads use a whole range of tricks to get you to think about anything *but* your health.

Few ads discuss the actual products at all, because when you get right down to it, the products couldn't be worse for you. Instead, the ads try to sell an image: "If you smoke our cigarettes, you'll be cool and sexy. If you drink our alcohol, you'll be happy and popular."

Don't be fooled. Think about what the ads are really saying, and what they're leaving out. In real life, it doesn't take a cigarette or a drink to get ahead.

BE COOL, STAY IN SHAPE

Much of the time you're in school, winter weather may prevent you from doing the activities that make you sweat in the summer. This chart lists some of the winter sports and exercises that will keep you in shape until spring.

Winter Activities	Calories Burned per Hour				
	105-115 lb.	127-137 lb.	149-159 lb.	171-181 lb.	193-203 lb.
Aerobic dancing, medium intensity	350	395	445	490	540
Basketball	435	495	555	615	675
Fencing, recreational	235	270	300	335	365
Ice-skating, leisure	275	310	350	385	425
Martial arts (judo or karate)	620	705	790	875	960
Racquetball	423	482	540	599	657
Rope jumping (both feet), 50-60 jumps/min.	440	501	561	622	682
Rope skipping (left foot only), 50-60 skips/min.	400	455	510	565	620
Skiing, cross country, 5 mph	550	625	700	775	850
Skiing, downhill (continuous riding, lifts not included)	465	530	595	660	720
Sledding	335	380	425	470	520
Snowshoeing, 2.2 mph	300	340	380	420	465
Stationary bicycle (resistance to get pulse rate to 130), 20 mph	700	795	885	985	1,080
Swimming, crawl, 35 yards/min.	425	480	540	600	655
Walking, 2½ mph	200	230	255	285	310
Weight training	235	270	300	335	365

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THE WHIZ QUIZ

How sharp is your performance edge? Are you a performance whiz? Take this quiz to find out. The temptation to smoke, drink or use other drugs has a lot to do with your needs, the things you may feel are lacking in your life. By recognizing what makes you happy and unhappy, you may be able to find better ways to meet these needs and enhance your performance. To get your personal performance rating, think back over the past week and answer yes or no to each statement.

During the past week, I:

GROUP I:

	YES	NO
Felt bored	☐	☐
Felt depressed	☐	☐
Felt pressured to do something I didn't want to do	☐	☐
Was teased	☐	☐
Felt insecure	☐	☐
Felt afraid of being physically hurt by someone	☐	☐
Felt anxious, nervous or stressed-out	☐	☐
Felt like escaping	☐	☐
Felt like family or friends didn't care	☐	☐
Felt like cutting school	☐	☐
Felt angry enough to hurt someone	☐	☐
Physically hurt someone	☐	☐
Felt lonely	☐	☐
Felt like a failure	☐	☐
Felt like disobeying parents or teachers	☐	☐
Spent time with friends who smoke, drink or do other drugs	☐	☐
Ate too much junk food	☐	☐
Felt sick from over-eating	☐	☐

GROUP II:

	YES	NO
Smoked a cigarette	☐	☐
Chewed tobacco or dipped snuff	☐	☐
Drank beer, wine or liquor	☐	☐
Smoked marijuana	☐	☐
Took cocaine or crack	☐	☐
Took steriods	☐	☐
Took other drugs	☐	☐

GROUP III:

	YES	NO
Talked about something important with an adult friend	☐	☐
Spent time with friends who don't smoke, drink or do other drugs	☐	☐
Talked honestly to a friend about smoking, drinking or other drugs	☐	☐
Made friends with someone I respect	☐	☐
Felt positive about other people in general	☐	☐
Used my sense of humor	☐	☐
Felt in charge of my life	☐	☐
Wrote down my feelings in a diary	☐	☐
Set a goal and achieved it	☐	☐
Expressed my own point of view about something	☐	☐
Did something well in school	☐	☐
Learned something new	☐	☐
Changed something that was bothering me	☐	☐
Felt like I did something right	☐	☐
Felt excited about something	☐	☐
Spent an enjoyable time with my family	☐	☐
Refused cigarettes, alcohol or other drugs that were offered to me	☐	☐
Got someone to help me stop smoking, drinking or doing other drugs	☐	☐
Helped someone else stop smoking, drinking or doing other drugs	☐	☐
Exercised or trained for a sport	☐	☐
Did hard physical work	☐	☐
Did something else physical that I was proud of	☐	☐
Ate healthy foods	☐	☐
Stayed busy even when not in school	☐	☐

SCORING

Add up the number of yes answers in each group, then consult the information below to find out what your scores mean.

GROUP I: The higher your score in Group I, the more likely you are to have some important needs going unmet and the more easily you may be influenced to use tobacco, alcohol or other drugs. These drugs may seem appealing for short-term "cures," but you know that they really cure nothing and can lead to serious problems. To get at the source of your needs, try to do more of the activities in Group III. They will keep you in better physical shape and make you less likely to use tobacco, alcohol and other drugs.

GROUP II: If you're scoring any points at all in Group II, you're probably hurting your performance—and losing the edge. You're hurting yourself not only when you do your favorite sports but also any time you work hard, play hard or think hard. If you smoke, drink or do other drugs in order to feel good, try giving them up. You'll feel better than ever!

GROUP III: The higher your score in Group III, the less chance you have of becoming dependent on tobacco, alcohol and other drugs. Group III activities keep you from getting stressed-out, they keep you in contact with people who can help you with your needs, and they keep you in great physical shape. You can rarely do too many or too much of the activities in Group III.

RISING STARS

Tracy Wong
HOT SPRINGS HIGH

Tracy, a junior cheerleader at Hot Springs High, out-danced her classmates at the school's annual Rock-A-Thon, staying on her feet a record-breaking nine hours and raising nearly $1,000 for local charities. She danced the final two hours herself, with the rest of the school cheering her on. Her advice to other dancers: "I never could have done it with a cigarette in my mouth."

Brad Ryerson
WASHINGTON HIGH

Brad, 16, convinced his varsity football team to say no to tobacco, alcohol and other drugs. As their quarterback, middle linebacker and kicker, he then led them to their first undefeated season in the school's 21-year history. In one game, a 24-0 romp over Lincoln High, he completed 11 passes (two for touchdowns), ran in another score himself, kicked a field goal, and recovered a fumble.

1. Which burns more calories: jogging or walking aerobically?
   A. Jogging
   B. Walking aerobically
   C. They burn the same number of calories

2. What is the country's major killer after heart disease and cancer?
   A. AIDS
   B. Obesity
   C. Alcoholism and other alcohol related deaths
   D. Crack abuse

3. Which of the following is true about smoking cigarettes?
   A. Smoking can shorten your life
   B. Smoking increases your chances of getting cancer of the lungs, lips, mouth, pancreas, esophagus, cervix, and bladder.
   C. Smoking increases your chances of having a heart attack
   D. Smokers get wrinkles sooner than non-smokers

4. In the movie Ghostbusters, where is the first ghost spotted?
   A. The New York Public Library
   B. The Empire State Building
   C. The Central Park Zoo
   D. Radio City Music Hall

5. Fetal alcohol syndrome (FAS) is a disorder linked to drinking during pregnancy. What characteristics can an FAS baby have?
   A. Heart defects
   B. Face and body defects
   C. Mental retardation
   D Low blood sugar
   E. Diabetes

6. Which of the following drugs are addictive?
   A. Cocaine
   B. Heroin
   C. Nicotine
   D. They are all addictive drugs

7. Which of the following are drugs?
   A. Chewing tobacco
   B. Wine coolers
   C. Cigarettes
   D. Alcohol
   E. Steriods
   F. Cough syrup
   G. Crack

8. Which grain is the chief food of half the people in the world?
   A. Rice
   B. Couscous
   C. Corn
   D. Wheat

9. In 1988, how old was Mickey Mouse?
   A. 100
   B. 50
   C. 60
   D. 75

10. What is the leading cause of death for people 15 to 24 years old?
    A. Lung cancer
    B. Drunk driving
    C. Drug overdose
    D. Sports-related injury

11. Using smokeless tobacco can cause which of the following?
    A. Sores in the mouth
    B. Cancer of the throat, gums and cheeks
    C. High blood pressure
    D. Increased heart rate

12. Name the six letters given to the game show contestant in the grand prize round of WHEEL OF FORTUNE?
    A. RSTLDE
    B. STWLMA
    C. LNEGDR
    D. RSTLNE

13. The use of steroids may result in which of the following?
    A. Stunted growth
    B. Nausea
    C. Emotional outbursts
    D. Loss of hair

14. Which is true of teenagers who drink alcohol?
    A. They are involved in fewer auto accidents than non-drinkers
    B. They are destroying their brain cells
    C. Their motor responses become impaired
    D. They are more likely to become heavy drinkers as adults

15. The Women's Sports Foundation in 1985 named this woman "The Greatest American Woman Athlete of the Last 25 Years."
    A. Peggy Fleming
    B. Mary Lou Retton
    C. Chris Evert Lloyd
    D. Florence Griffith Joyner

ANSWERS: 1-B; 2-C; 3-A, B, C, D; 4-A; 5-A, B, C; 6-D; 7-A, B, C, D, E, F, G; 8-A; 9-C; 10-B; 11-A, B, C, D; 12-D; 13-A, B, C, D; 14-B, C, D; 15-C

PERFORMANCE

DOCTOR Performance

NOT A JOCK

Dear Dr. P:

You're always writing about physical performance, and how smoking and drinking make kids lose out. But I'm not a jock, so why should I care about the performance edge?

Skeptical, N.Y.

Dear Skeptical:

Look, when I say the performance edge, I'm talking about all kinds of performance, not just athletic performance. Smoking and drinking can hurt your performance in school, at work and at play just as much as in sports. If drinking affects the way your brain works, think about the effect it has when you try to do a math or science problem. If smoking makes breathing harder, think about what it does when you climb a flight of stairs, go to a dance or run to catch a bus. Think about the things you love to do. Then ask yourself: "Couldn't I do these things better if I didn't smoke or drink?" Teenagers who care about themselves also care about how they perform. And the fastest way to a peak performance is to avoid tobacco, alcohol and other drugs.

MUSCLE BOUND

Dear Dr. P:

Some of the guys on my football team keep trying to get me to take steroids. They say steroids can actually help my performance by making me bigger, stronger and tougher. I want to be the best linebacker I can be. Should I listen to them?

Confused, Colo.

Dear Confused:

Don't be fooled by the promise of overnight muscles. More and more professional athletes, aware of the dangers of steroids, are committing themselves to natural body-building. Steroids may help put muscle on some people when used while lifting weights, but the side effects can mess you up much more than the drugs can help you out. I'm not just talking about the long-term side effects, like heart disease and liver tumors. Possible immediate side effects include acne, sexual problems, rashes and "roid rages" (uncontrollable, violent emotional outbursts). The performance edge comes from your own body, not from drugs.

GROSSED OUT

Dear Dr. P:

My boyfriend doesn't smoke, but he chews tobacco. He says it doesn't hurt his lungs the way smoking does. I say, maybe so, but it's the most disgusting habit a guy can have. He doesn't care. What else can I tell him?

On the Verge of a Breakup, Calif.

Dear On the Verge:

I, too, have a friend who chews tobacco. He recently noticed some hard, white, wrinkled patches on the inside of his cheek and lower lip. The doctor told him he didn't have cancer yet but that he'd have to watch the spots the rest of his life in case they do turn into cancer. What kind of thing is that to live with? Tell your boyfriend that he's wrong: smokeless tobacco (chewing tobacco and snuff) hurts the body just as smoking does, and it is just as addictive. It can cause bad breath, permanently stained teeth, mouth cancer and many other serious side effects.

DIAL-IT

Where to call or write for help to quit or to get more information:

TOBACCO

Office on Smoking and Health
Center for Chronic Disease Prevention
and Health Promotion
Centers for Disease Control
5600 Fishers Lane
Park Building, Room 1-18
Rockville, MD 20857

National Cancer Institute
Cancer Information Service: 1-800-4-CANCER

American Cancer Society: listed in the white pages of your telephone book.

American Lung Association: listed in the white pages.

American Heart Association: listed in the white pages.

ALCOHOL AND DRUGS

National Clearinghouse
for Alcohol and Drug Information
(NCADI)
P.O. Box 2345
Rockville, MD 20852
(301) 468-2600

National Council on Alcoholism: 1-800-NCA-CALL

National Institute on Drug Abuse Hotline: 1-800-662-HELP

Cocaine Helpline
Psychiatric Institute of America
1-800-COCAINE

Pride Drug Information Hotline (for parents):
1-800-241-9746

Alcoholics Anonymous and Alateen: listed in the yellow pages under "Alcohol."

sit this one out...

...with

STRIKE-OUT

SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

U.S DEPARTMENT OF HEALTH AND HUMAN SERVICES
Public Health Service

Centers for Disease Control
Center for Chronic Disease Prevention and Health Promotion
Office on Smoking and Health

Alcohol, Drug Abuse, and Mental Health Administration
Office for Substance Abuse Prevention

DHHS Publication No. (CDC)89-8413